

PARANORMAL UNDERGROUND®

Volume 17, Issue 12

December 2024

Lynn K. Russell

Exploring NDEs &
Consciousness

Tower of London
A Haunted Legacy

Decoding the
Drone
Phenomenon

A Deacon's Battle
With the Devil

The Berkshire
UFO Incident

The Pooka
Mythical Mischief Maker

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THE CHRISTMAS EVE ENCOUNTER: A PSYCHIC COP'S AMAZING STORY



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With ...



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*Editor-in-Chief
Paranormal
Underground*



ChuckieG
*Psychic Intuitive
& Paranormal
Researcher*



Karen Frazier
*Author & Energy
Healer*

TUNE IN TODAY ON ITUNES, SPOTIFY & MORE!

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CHERYL LYNN CARTER

Cheryl is a psychic medium, remote viewer, explorer, and researcher. Having her first paranormal experience at a young age made her realize she had a unique Sixth Sense and was able to communicate with those on the other side.



Cheryl's passion for one haunted location afforded her the opportunity to appear and consult in Chris Halton's documentary *A Haunting at Bachelors Grove*, one of the most haunted cemeteries in the Midwest.

She is an experiencer and a member of MU-FON and CE-5. She served as a consultant for Thomas Conwell's books *They Are Here: Central U.S. UFOs* and *Earthquakes and UFOs*. Cheryl is an international author of eight books, including *Edge of Darkness*, *Chosen*, and *Dimensions: Mysterious Triangles of the U.S.*, and she is the co-author of *Digging Into Skinwalker Ranch* and *The Basin Files: Skinwalker Ranch*.

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CHRISTINE DONNELLY

Christine lives in South Devon, England, and has had a lifelong interest in the paranormal. She is interested in the theories that surround the subject and people's perception of it. She has been the lead in her own paranormal team and also been a participant in many paranormal investigations in England and Northern Ireland.



Christine has also organized many Fright Nights and Ghost Walks. Doing so has allowed her to broaden her knowledge and observe how people interact with their surroundings, particularly if they perceive them to be haunted. She has also studied certain aspects of parapsychology, giving her a more holistic approach to paranormal investigation.

She is the author of two books, *The Ghosts of Dartmouth* and *Secret Dartmouth*, which cover many interesting aspects of the famous town. Christine is always interested in reading any true paranormal accounts sent to her. If you've experienced any paranormal activity, you can share the experience with Christine at ghostwriter979@gmail.com.

WILLIE WINDWALKER GIBSON

Willie is a shaman and supernatural consultant. He works by himself, as well as with his wife, Schmon. He belongs to the Paranormal Clergy and Dominion Ministries.



Willie is the author of two books detailing his 50-year journey in the paranormal, *The Shaman Windwalker* and *Soul Warriors*.

Willie has appeared on A&E's *Cursed: The Bell Witch* and CMT's *Most Shocking Ghosts*. He also hosted a public access show in Louisville, Kentucky, for 12 years, called *Spiritual Gifts and Wonders*. In addition, he created a group of sensitives, called Soul Warriors, who are based across the U.S.

CHERYL KNIGHT-WILSON

Cheryl is co-creator and editor-in-chief of *Paranormal Underground* magazine and cohost of the podcasts *Mindful Mystics* and *Paranormal Underground Radio*. She has written articles on topics ranging from advanced technology and enterprise computing to travel guides and paranormal phenomena.



Her magazine experience includes roles as senior and managing editor for several niche publications and online media. Cheryl has experienced all types of paranormal phenomena, from ghostly activity to psychic events.

paranormalunderground.net

LISA LAMONICA

Lisa is an author and illustrator. She is the author of *Haunted Catskills* and *Witches and Warlocks of New York*. She has also written for *Chronogram Magazine*, *Haunted History Trail of New York*, *Hudson Art & History Magazine*, *Hudson Valley Parent Magazine*, and PBS/WMHT.



Lisa has received awards for her artwork. She was nominated for Artist of the Year in 2002 by the Columbia County Council on the Arts, and featured twice on WMHT's *A House for the Arts*. She lives in upstate New York.

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RAINBOW RADAELLI

Rainbow is a paranormal, abductee, and cryptid researcher along with her husband, Michael. She is an experimenter herself, dealing with paranormal phenomenon since childhood.



The silk road of life has led Rainbow in many directions: cowgirl, medicine woman, gypsy, belly dancer, and truth seeker. All directions have paralleled each other, finally coming together in Rainbow's articles, research, and blogs.

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PAUL DALE ROBERTS

Known as an esoteric detective, Paul has been reading and studying the unknown since he was a young boy. He has been to over 59 countries to document the paranormal.



Paul worked for military intelligence from 1979 to 1986 and saw several top-secret UFO photographs, making him very interested in extraterrestrials. He is a journalist for the *Costa Rican Times*, and his articles cover metaphysical topics and paranormal investigative stories. He is also co-owner of Halo Paranormal Investigations.

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REV. ALYSON DUNLOP SHANES

Rev. Alyson is a theologian and exorcist, with a classics degree from the University of Glasgow. She has had a variety of experiences across the board of the supernatural. This led Alyson to her interest in supernatural religion, beliefs, and experiences, which is the focus of her lectures for the Scottish UFO & Paranormal Conference, of which she is an organizer.



Alyson heads SPI Scotland, researching anomalous events. She has appeared on TV and radio discussing various mystical and otherworldly subjects. Alyson also hosts and produces her own radio show, *ADX-Files*. Her book, *Mystic Visions*, is available on Amazon.

revalysondunlopshanes.com

COREY SHARER

Corey is a paranormal enthusiast who has investigated at The Queen Mary, The Queen Anne Hotel, Hotel Alex Johnson, and The Whaley House.



He has personally encountered paranormal phenomena, including seeing ghostly apparitions and UFOs, and is most interested in trying to solve the mysteries of the paranormal.

CHAD WILSON

A freelance writer, Chad is co-creator and publisher of *Paranormal Underground* magazine and co-producer of *Paranormal Underground Radio*. His interest in the paranormal led to the creation of ParanormalUnderground.net.



Chad has investigated with East Tennessee Paranormal Research Society and counts Waverly Hills Sanatorium, the Villisca Axe Murder House, Bobby Mackey's Music World, the Queen Mary, Queen Anne Hotel, Hotel Alex Johnson, Brushy Mountain State Penitentiary, and private residences among his investigations.

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Had a Brush With the Unknown? We Want to Hear About It!

If you've had a paranormal encounter and would like to share your story, we'd love to hear from you! Email us at paranormalunderground@live.com and tell us all about your experience. Your account could be featured in an upcoming issue of *Paranormal Underground* magazine.



We're seeking firsthand encounters with all types of paranormal phenomena, including ghosts, cryptids, UFOs/ETs, the spirit realm, psychic phenomena, and beyond. No matter how extraordinary or unexplained, your experience matters.

And don't worry — your submission can remain completely anonymous if you prefer! Let your story add to the exploration of the unknown.

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January 17-19

Days of the Dead Las Vegas
Las Vegas, NV
daysofthedead.com

January 24-25

Squatch Fest
Longview, WA
kelsolongviewchamber.org/squatchfest

January 24-27 2025 or

January 31-February 2

Eureka Springs Paranormal Weekend
Eureka Springs, AR
reserveeureka.com/attractions/esp

January 31-February 2

Creep I.E. Con
Ontario, CA
creepiecon.com

February 14-16

Pensacon 2025
Pensacola, FL
pensacon.com

February 21-23

Days of the Dead
Atlanta, GA
daysofthedead.com

February 21-23

Nosferatu Festival
Austin, TX
nosferatufestival.com

February 28-March 1

Missouri Paracon
Kansas City, Missouri
missouriparacon.com

March 7

Ancient Aliens Live
Patchogue, NY
(See full schedule for additional tour dates)
ancientalienslivetour.com

March 14-16

Hauntlanta II Horror-Paracon
Buford, GA
hauntlanta.com

March 14-16

Monster-Mania Con
Cherry Hill, NJ
monstermania.net

March 21-23

Oregon Ghost Conference
Seaside, Oregon
oregonghostconference.com

March 22

Magickal Minds Metaphysical Fair
Monroeville, PA
mmmfair.com

March 29

Lone Star Paracon
Schertz, TX
klingebros.com/lone-star-paracon

April 3-6

The Overlook Film Festival
New Orleans, LA
overlookfilmfest.com

April 5

ParaVenture
Virtual and Live Steaming Convention
Virtual conference
ownyourpath.net/s-projects-basic

April 10-13

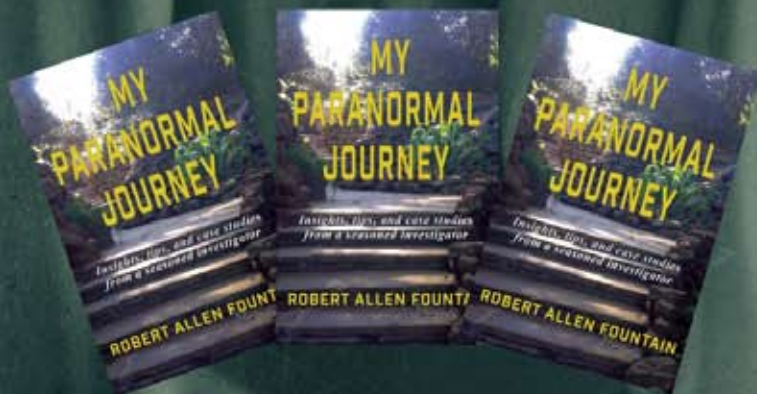
Squatchcon
Port Angeles, WA
squatchconpa.com

*E-mail your paranormal event to
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MY PARANORMAL JOURNEY

BY ROBERT ALLEN FOUNTAIN

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DRONE SIGHTINGS, PARANORMAL RANGER & TWO NESSIES

UNEXPLAINED DRONE SIGHTINGS OVER U.S. SPARK ET SPECULATION



Recent drone sightings across U.S. military bases and critical locations have reignited speculation about extraterrestrial origins. Over the past month, Unidentified Aerial Phenomena (UAP) have been reported in states such as New Jersey, Ohio, New York, and California, with notable activity near Wright-Patterson Air Force Base and Naval Weapons Station Earle. Observers described large drones with flashing lights hovering over military installations and residential areas.

While the Department of Defense and other agencies have attributed most incidents to commercial or hobbyist drones, questions linger about the few cases that remain unexplained. The resurgence of UAP reports has drawn comparisons to past phenomena investigated by the Pentagon's All-domain Anomaly Resolution Office (AARO), which acknowledged the existence of unidentified objects exhibiting advanced capabilities.

Despite public speculation, the government maintains that there is no evidence linking these sightings to extraterrestrial activity. Pentagon Press Secretary Air Force Major General Pat Ryder said, "The vast majority of these drones are going to probably be recreational or hobbyist." However, the lack of clarity surrounding a minority of incidents has fueled curiosity.

Government efforts to identify and mitigate potential threats continue, with advanced detection technology deployed to monitor airspace. While many sightings are likely

terrestrial in origin, the unexplained nature of some cases keeps the door open for questions about what lies beyond our understanding. For now, the mystery remains unresolved. See our editorial on page 22 for more on this story!

NAVAJO RANGER SHARES PARANORMAL EXPERIENCES IN MEMOIR

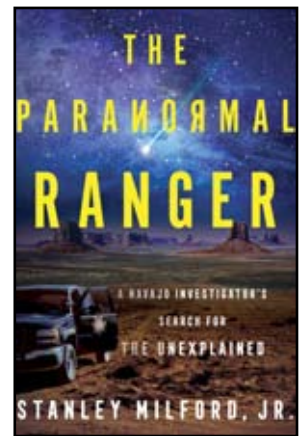
Stanley Milford Jr., a former Navajo Ranger with 23 years of service, has released *The Paranormal Ranger*, a memoir exploring supernatural encounters on the Navajo Nation. In an interview with KUNC Radio, Milford revealed his investigations into hauntings, Bigfoot sightings, UFOs, and other unexplained phenomena.

"We were assigned to investigate cases that were out of the ordinary, involving what is commonly referred to as paranormal or supernatural haunting cases, Bigfoot cases, UFOs, extraterrestrial, witchcraft, and Skinwalker-related cases," Milford said.

Skinwalkers, malevolent spirits in Navajo tradition that can take animal forms, are rarely discussed outside the culture. In his memoir, Milford juxtaposes these stories with Navajo creation myths, offering insight into both ancient traditions and his unique experiences.

One case in Window Rock, Arizona, left a lasting impression on Milford. "In two days, there were 66 U.S. coins that would apport or just appear out of thin air and fall on the floor, or they would come flying across the room," he said. Milford described witnessing coins materializing, a phenomenon that later followed him home. "That, for me, was a life-changing experience."

Milford also found parallels between Navajo emergence stories and paranormal phenomena. "There's a different world that the Navajo people came [from]," he said. "They came into the physical world from four worlds or five lower worlds. When you look at the descriptions



of the beings described in those tales, [they] fit with what I saw with the descriptions of the Bigfoot and extraterrestrial or alien beings.”

As Milford reflects on his service, he notes a decline in the force. Once comprising 40 to 50 rangers, the team now has fewer than 10 members.

NEW FOOTAGE FUELS SPECULATION OF TWO LOCH NESS MONSTERS



Recent video footage captured on a Loch Ness webcam has reignited debates about the legendary creature’s existence, with one enthusiast suggesting the possibility of not just one, but two Loch Ness monsters. The footage, shared by the *New York Post*, was recorded at the Airanloch Bed and Breakfast on the loch’s north shore.

The video shows a distinct wake moving south across the water, accompanied by what appeared to be a hump near the front. Eoin O’Faodhagain, a longtime Nessie hunter from County Donegal, Ireland, believes the sightings indicate a pair of creatures. “There are obviously two creatures taking up residence in this area of the loch at the moment,” he said.

The footage follows a similar sighting in another part of the loch, further strengthening O’Faodhagain’s theory. “With two wakes in quick succession, it is reasonable to assume that these Nessies have a fondness for the area,” he added.

O’Faodhagain regularly monitors the Visit Inverness Loch Ness webcam and records his observations in the Official Loch Ness Monster Sightings Register, which now includes 1,157 entries. “I immediately notice a highly disturbed wake coming in the direction of the webcam that looked very unusual,” he explained, noting the presence of a “bumpy” object with a reddish-brown hump.

Skeptics have long dismissed sightings as hoaxes or misidentified wildlife, but O’Faodhagain insists this creature “looked weird and strange” and bore no resemblance to seals, otters, or other known animals.

SPIRITS SPEAK DURING GLOUCESTER GRAVEYARD INVESTIGATION


TParanormal investigators from Gloucester Paranormal Investigation Services (GPIS) encountered spirited activity during a mid-October investigation at Horton Road graveyard in the U.K., reported *GloucestershireLive*.

Using tools such as an Alice box and Spirit Talker app, the team recorded intelligent responses, including a spirit asking, “Am I dead?” followed by an unexpected, “Eat s**t.”

“The spirits produced the word ‘abandoned,’” reflecting the neglected state of the graveyard, according to investigator Paul Cowmeadow. GPIS continues documenting such phenomena.

Watch some of the [video findings](#). ♦





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DREAMS, INTUITION & YULETIDE MONSTERS

TWO CAPTIVATING READS TO END THE YEAR

By Lisa LaMonica

As the year winds down, it's the perfect time to cozy up with a book that entertains, inspires, or even gives you a new perspective on life. Two standout recommendations offer exactly that.

Dr. Michael Lennox's *Psychic Dreamer: Exploring the Connection Between Dreams and Intuition* dives deep into the mysteries of precognitive dreams and intuition, explaining how our nighttime visions can shape our understanding of reality.

On a lighter yet equally fascinating side, Jeff Belanger's *The Fright Before Christmas: Surviving Krampus and Other Yuletide Monsters* explores the darker traditions of the holiday season, from the legends of Krampus to the ancient origins of Christmas.

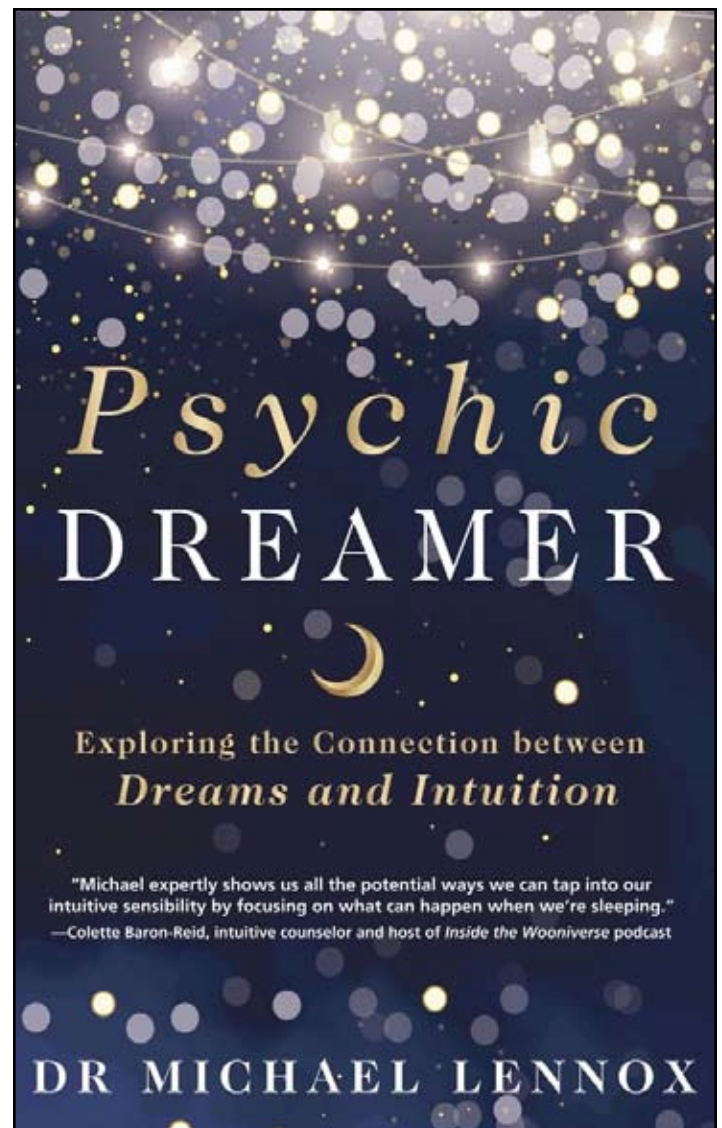
These books promise to take readers on a journey through the mystical, the historical, and the delightfully unusual.

'Psychic Dreamer' by Dr. Michael Lennox

Featured on SyFy, MTV, NBC, and *TV Guide*, Dr. Michael Lennox's latest book delves into what happens to our perceptions when sleep takes over. It explores "where the veil between what has and what will happen is thin." Dreams, according to Lennox, connect the mind to another realm. The book also examines intuition — often shared among family members — as a form of "knowing" that exists without external evidence.

Lennox describes precognitive dreams as those that foretell the future, sometimes with vivid clarity or through symbolic imagery. Premonitions, on the other hand, occur during waking moments, offering insights into future events. Both precognition and premonitions can sometimes inspire actions that help avert significant problems.

The book also aims to help readers recognize and trust their intuition, as well as distinguish between various types of dreams based on how they feel upon waking. Lennox also explores past-life dreams and visitation dreams, drawing from numerous examples collected



Psychic Dreamer guides readers in unlocking their psychic potential through dreamwork. Using examples from his own experiences and clients' dreams, Dr. Michael Lennox explores various dream types, such as precognitive, lucid, and visitation dreams, offering practical tools to enhance intuition and navigate multidimensional realms.

throughout his extensive career. With more than 40 years of experience leading workshops on dreams and dream interpretation, Lennox provides a comprehensive guide to these fascinating phenomena.

'The Fright Before Christmas' by Jeff Belanger

Sure to become a perennial holiday favorite, *The Fright Before Christmas* is a must-read for the festive season. With its striking cover design and captivating interior illustrations — featuring both vintage and modern artwork — it is as visually appealing as it is entertaining. Author Jeff Belanger explores why we invest so much energy into Christmas, weaving together fascinating tales of Krampus, Santa, and other folklore figures from around the world.

Drawing from numerous interviews about holiday traditions across various cultures, including Winter solstice, Yule, Saturnalia and Christ-

mas, Belanger offers stories that are both enlightening and engaging. These stories also take readers back to an era when the holiday season included the telling of ghost stories — a tradition long predating modern Halloween.

The book delves deeply into the origins of St. Nicholas, distinguishing him from the modern Santa Claus, and uncovers how religious zealots suppressed Pagan celebrations, even banning Christmas in some countries during the 1600s. It also vividly recounts the chilling traditions of Krampus Day on December 5, which preceded St. Nicholas Day. The terrifying descriptions of Krampus, intended to scare misbehaving children, add a layer of folklore that is both eerie and fascinating.

For anyone intrigued by holiday legends or seeking to learn more about the darker side of Yuletide traditions, this book offers an unparalleled dive into the stories and origins of these festive figures. ♦



The *Fright Before Christmas* explores the eerie folklore of yuletide creatures, such as Krampus, Gryla, and the Yule Cat, blending festive traditions with chilling tales. These mythic beasties offer a dark twist on holiday lore.

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Featuring



Paranormal author and rock journalist Maxim Furek has arrived as the 21st-century incarnation of John Keel. In *The Lost Tribes of Bigfoot*, Furek explores the uncharted waters surrounding the cryptid's forbidden realm in a rousing and controversial expose.

Doug Hajicek,
Monster Quest



"If it's not
flesh and blood
then what is it?"

Maxim W. Furek

THE MAGNIFICENCE WITHIN

LYNN K. RUSSELL ON NEAR-DEATH EXPERIENCES & CONSCIOUSNESS

By Cheryl Knight-Wilson

What if the answers to life's deepest questions — about purpose, existence, and our connection to something greater — were already within you? Lynn K. Russell has spent a lifetime exploring these mysteries, blending a passion for spirituality, science, and consciousness to uncover the profound truths of human existence.

From her early fears of mortality to her groundbreaking research into 2,500 near-death experiences, Lynn's journey is a testament to the transformative power of curiosity and self-discovery. Her work invites us to rethink what it means to be human and to embrace the boundless potential within ourselves.

We originally spoke with Lynn in our November 2016 issue of *Paranormal Underground* magazine, and we recently caught up with her to continue the important conversation about her research and message for humanity. In this Q&A, Lynn shares her wisdom, recounts her spiritual evolution, and offers practical advice to help you uncover your own magnificence and connection to Source. Her story is both inspiring and empowering, inviting us to see ourselves — and life itself — in a whole new light.

* * * * *

Q: It's great to talk with you again! You've mentioned that your purpose is to help people realize their own magnificence. How did this message develop for you over the years, and what impact has it had on your life?

Lynn: For 70 years, I have been fascinated with spirituality and the various philosophies in the world. While I had come to know our connection to Source, it was only when I researched 2,500 NDEs that I understood our literal reality as Source. Thus, with the Creative Force as our existence, how could we be anything but magnificent?



Lynn K. Russell's lifelong exploration of spirituality, science, and near-death experiences uncovers profound truths about human existence.

Q: Reflecting on your early years, how did your mother's atheism and your grandfather's death influence your spiritual curiosity and fear of mortality?

Lynn: The death of my grandfather made me realize that I, too, would die one day. At the time, I was eight years old and didn't want to die.

When I asked my mother what happens when we die, she said we disappear. This prospect terrified me, and I spent many nights in bed, terrified of disappearing. This fear, in turn, led me to look toward religion and spirituality for answers.

Q: How did your studies of different religions, philosophies, and spiritual teachings shape your understanding of life and death? Were there any that resonated with you more deeply?

Lynn: Because of my fear of death and possibly disappearing, my original goal was to learn what happened at death. However, I didn't find an answer to my question.

Still, I became interested in the history of the various religions and how they evolved into what they are today. That interest morphed into a search for truth to

the significant questions we have asked ourselves over the centuries. Why are we here? What are we supposed to do? What is life all about?

About 30 years later, I became interested in *A Course in Miracles* and was also reading Joel S. Goldsmith's book *A Parenthesis in Eternity*. Combining these books helped me have an aha moment, as I realized our reality as Source.

Q: You have a keen interest in cosmology, quantum physics, and studies of consciousness. How do you connect scientific findings with spiritual beliefs?

Lynn: When I was in my mid-30s, I saw a galaxy on television. It was so beautiful that I wanted to know more. That was around 50 years ago, and my interest branched out in many directions.

As I learned more about the behavior of particles and research being done on the brain, it became clear to me that there was a direct connection between us and an ethereal connection beyond this physical existence. Further studies have brought me to a point where I see consciousness as the bottom line.

Q: Can you share some insights from your 30 years as a family counselor? How did your spiritual background influence the way you approached counseling?

Lynn: Over the past 20 years, there has been a shift in counseling that include spirituality considerations. When I was practicing, it was frowned upon to talk about religion or spirituality, unless the client brought it up.

Earlier, I talked about our reality as Source. That means we are magnificent and can accomplish far more than we realize. Therefore, while working as a family counselor, I was astonished by our strong negative feelings about ourselves. We have been taught we are sinners and will be punished for the wrongs we do. There is no such thing as sin. We make mistakes until we learn better.

Still, my spiritual understanding helped me honor all the families I worked with. I did not judge them to be better or worse than others. The emphasis of my counseling was to find their strengths and build on them.

Q: How does being a Unitarian lay chaplain fulfill your spiritual purpose, and what meaningful moments stand out in officiating life events?

Lynn: Although I am no longer a chaplain, I thoroughly enjoyed that time. It was an honor to participate in something so significant for the people.

Beyond NDEs

The Next Step in Near-Death Experience Research



Lynn K. Russell

***Beyond NDEs* delves deep into the mysteries of life, death, and our connection to the greater Source. Lynn K. Russell's groundbreaking research into 2,500 near-death experiences offers profound insights into our purpose and existence.**

Also, I was open to the diversity of marriages and the services they preferred. This, in turn, helped me to gain a broader perspective.

Q: What led you to research near-death experiences, and how did that shift or deepen your understanding of life, death, and consciousness?

Lynn: Becoming an NDE researcher is my purpose in this lifetime. In the 1980s, I was clearly told I had a spiritual task. I didn't know what it was but knew it was waiting for me. When I retired, I was on an NDERF.org (the Near-Death Experience Research Foundation) chat group when Dr. Jeffrey Long asked for someone to do research. I had lots of time, so I offered.

The spiritual depth that I gained during the research was amazing. Although I had spent a lifetime studying anything in the spiritual realm, the research of NDEs

enhanced that knowledge 100%. Things I thought I understood before became much clearer and fit perfectly with everything else. It became a flow of deep spiritual understanding.

Q: After researching 2,500 near-death experiences, what surprised you most, and how did it align with or expand upon your previous spiritual knowledge?

Lynn: Several things thrilled me and added to my understanding. Folks who had elements that were experienced by everyone, or nearly so, there are over 30 of these joint events. What they emphasized for me was our interconnection to Source.

This bond illustrated that travel by thought, telepathic communication, and the feeling that NDEers are a part of everything, all led me to the great Oneness of us.

Another thing that I was pleased to learn was that there was no punishment. Then again, how can Source punish its own being. Indeed, while going through the life review, those who got upset with themselves were told to be calm and that it was just a learning experience.

Q: In your book *Beyond NDEs: The Next Step in Near-Death Experience Research*, you explore profound spiritual knowledge gained from NDEs. What are some key takeaways you hope readers will gain from your book?

Lynn: The bottom line is our connection to Source. Each NDE is different, because we each create our own experience. In the exact same way, we also design this existence. Through our thoughts, attitudes, and choices, we create the life we live.

This understanding gives us back the power over our lives. We are marvelous beings who can accomplish anything we put our minds to.

If people worldwide knew how magnificent they are, there would be less pain and suffering. We can heal ourselves, become what we desire, and work in satisfying, joyful jobs.

Q: As you reflect on your journey, from a young girl fearful of death to a spiritual teacher and author, what message do you feel is most essential for people to understand about themselves?

Lynn: I want to shout out just how loved we all are.

“Through our thoughts, attitudes, and choices, we create the life we live. This understanding gives us back the power over our lives.”

There literally are no bad souls anywhere. It doesn't matter what we have done. This is so because we *are* Source and cannot be bad. We are right this second with Source, our reality. We never left.

Q: If you could share one piece of advice with those seeking answers about life's purpose and our existence, what would you say to guide them on their journey?

Lynn: Oh, I love this question because the answer helps us to know the answers to those questions we have asked throughout the centuries. Too often we shortchange ourselves and accept far less than is possible.

We need to challenge ourselves to find out just what our strengths are. There is no fail in this, as it is only ourselves we are challenging.

Q: What else is important for our readers to know about you and your work in the paranormal/spiritual world?

Lynn: For me, NDEs are a medical issue and should be examined from that perspective. They are not a result of the brain breaking down, drugs, or hallucinations. There is enough evidence to show that they are real events that should be taken seriously.

It is marvelous to have so many seekers after spiritual knowledge. NDEers and the information they bring back from beyond are changing the world for the better.

Q: What's next for you? Are there new projects, books, or investigations you're looking forward to that you can share with us?

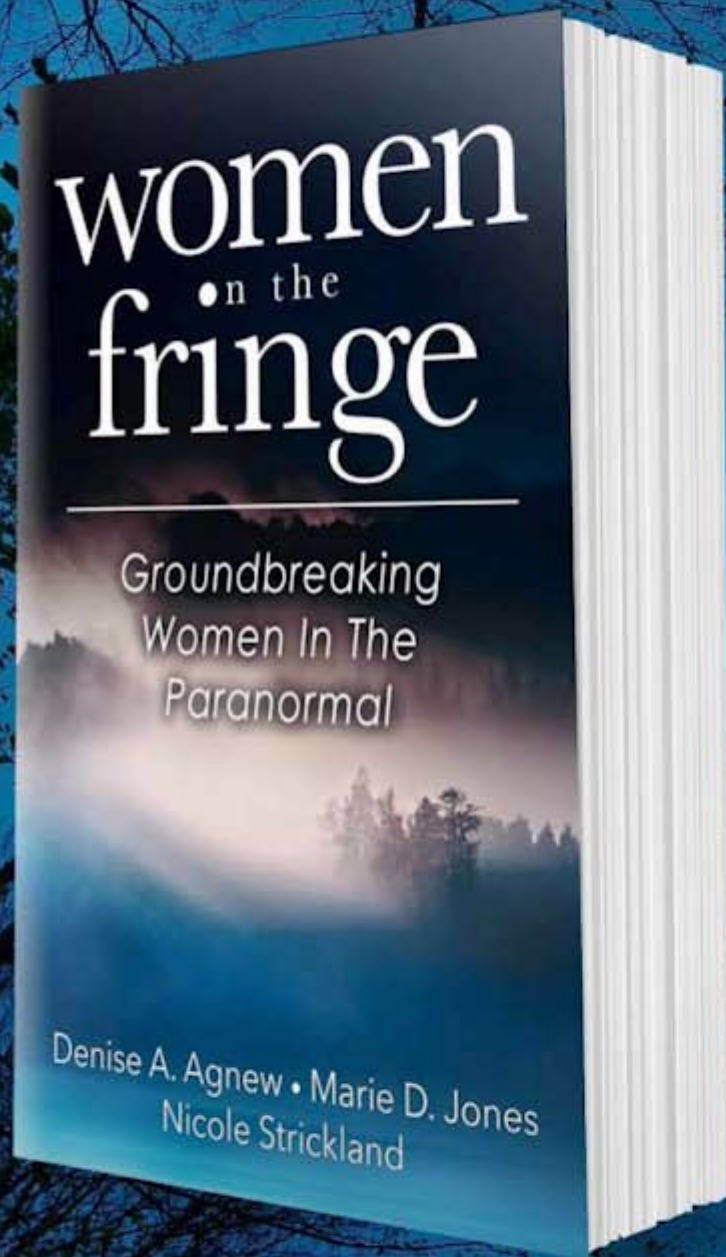
Lynn: My mind never stops thinking about what comes next. In the immediate future, I would like to write a book using science to show our spirituality. It will be called *The Star of Consciousness* and include the elements in science that directly connect us to our spiritual base and universal consciousness.

In the future, I want to write about how each of the elements reported by NDEers is directly related to our reality as Source. And, maybe, I'll get around to writing my biography as I've had a rather unusual life.

* * * * *

Learn more about Lynn K. Russell and her work at lynnkrussell.com. You can also find Lynn on [Facebook](#), [LinkedIn](#), and [YouTube](#). ♦

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EXPLORING CONSCIOUSNESS

THE LIFE & LEGACY OF MEDIUM EILEEN GARRETT

BY CHRISTINE DONNELLY

Eileen Garrett (1893–1970) spent her life searching for answers to what lies behind the consciousness of the mind. She was a renowned Irish medium, author, and lecturer who was passionate about the subject of parapsychology.

She was a gifted trance medium, but she did not totally follow the conventional path of the medium. Garrett was a pioneer in the world of parapsychology, and because of this, she allowed herself to be the subject of many varied scientific investigations.

Her gift as a psychic was sought by many. American film producer Cecil B. DeMille once asked if Garrett could contact his dead mother. After a meeting with her he filled her hotel room with beautiful flowers as a show of appreciation of her psychic ability.

Early Life and the Path to Mediumship

It may have been the loss of her parents, who both committed suicide when she was still a baby, or perhaps because of the tuberculosis and respiratory problems that plagued her during her life, but “something” seemed to put her on a pathway to spirituality and the pursuit of the truth behind “mediumship” from a scientific perspective. At one point in her life, she was even worried that she had a split personality.

Her husband at that time tried to steer her away from spirit contact as he feared for her sanity. Unfortunately, her husband was killed in action during WW1 — while out with friends one evening, Garrett had the image of an explosion and subsequently received the news of his death.

It was around November 1918, Armistice time, that she began to take an interest once again in psychic matters. She began to attend séances and to question what occurred during them. It was during one of these séances that she began to feel very drowsy and felt herself drifting off to sleep. When she awoke from her “sleep,” she was told that she had been in communication with the dead relatives of some of the occupants of the room. She



Eileen J. Garrett was known as a skeptical medium.
(Photo source: [Spiritual Path Church](#))

seemed to have no recollection of this happening. She tried to make sense of what was happening to her and sought the help and guidance of a Mr. Huhnli, who tried to answer some of her questions and put her mind at rest.

It was during an organized séance that Garrett first made contact with a spirit of an Arab soldier called Uvani. It transpired that his main purpose to make contact was to provide evidence of survival after death. During future séances, Uvani would channel through Garrett, sharing his thoughts about the afterlife and helping her make contact with other spirits.

This must, at times, have been quite confusing for her, as she was not a proponent of the spiritualist hypothesis and was known to report that her mediumship was not due

to spirits, but the activity of the magnetic field. She once wrote: "In all my years of professional mediumship, I have had no 'sign/test' or slightest evidence to make me believe I have contacted another world." She decided that her trance controls were personalities that prevailed in her subconscious and even admitted to the parapsychologist Peter Underwood that "I do not believe in individual survival after death."

A Scientific Mind in a Spiritual Field

Not everybody was a devotee of Garrett. The psychologist Jan Ehrenwald studied some of her claims and decided that it was down to "megalomania ... ideas of grandeur as she experienced mental dissociation, hallucinations, and ... an eccentric disposition from her childhood."

In 1920, she began to study under James Hewat McKenzie. He founded the British College of Psychic Science based in London. Garrett continued to develop her passion for parapsychology under his guidance, for five years, until he died in 1929.

McKenzie used hypnosis on Garrett to enable a trance-like state in which he became able to talk to Uvuni. This enabled him to access different areas of Garrett's mind. He wanted her to concentrate on mental mediumship and not on physical mediumship, as he felt that this would be a waste of her gift. He felt that she was a valuable source to promote the spiritualist hypothesis of proof of survival after death.

Garrett went along with these experiments, but it was not something that she truly believed in as she did not believe that the spirits who "spoke" through her were discarnate beings separate from herself. She had a more scientific mind and believed them to be "different aspects of her deeper self."

Predictions, Criticism, and the Search for Truth

Sir Arthur Conan Doyle thought highly of Garrett and attended a séance in 1928 that had foreseen the crash of the 177-foot British Dirigible R101 on its maiden voyage. Garrett made attempts to warn the appropriate people of this prophecy, but nothing was done about it and the R101 did crash two years later.

Shortly after the crash, she was asked to attend a séance organized by Harry Price, of Borley Rectory fame, with the view to make contact with Doyle who had since passed away. Instead of linking in with Doyle, she made contact with Captain H. C. Irwin of the R101, who apparently channeled information through her regarding the cause of the accident.

A magician called John Booth thought Garrett to be a fraud and discounted her claims regarding the R101. He revealed that Garrett's notes and writing disclosed an earlier knowledge of the building of the R101 and that she may have even seen the blueprints of the building of it.

Another critic of Garrett was Melvin Harris. He



**Garrett was the editor of *Tomorrow Magazine* from 1942–1962.
(Photo source: [Parapsychology Foundation](#))**

researched the findings of the séance and decided that "no accomplice was needed." He described the contents of the séance to be nothing more than "bits and pieces, commonplace, and in some places 'plain gobbledygook.'"

From 1932–1933, Garrett's true pathway began. Traveling to America, she began to carry out sittings at various institutes, such as John Hopkins University and the New York State Psychiatric Institute. Then began a period of experimentation and study into the fundamentals of mediumship and psychic activity. She wanted to both evaluate and understand the processes that were involved.

She took part in clairvoyance tests that were carried out by Joseph Rhine at Duke University in 1933. These tests involved the use of Zenner cards. Garrett's performance using the cards was very poor. This later led to Garrett criticizing the use of the cards, claiming that they lacked "psychic energy," which she called "energy stimulus."

Garrett had in the past been accused of being schizophrenic and mentally ill. These are labels that are sometimes given to people who are seen to be different in some way. Perhaps when we look at some of the claims of spirit voices channeled through her, to a more scientific mind these may seem credulous and perhaps the ramblings of a disturbed mind.

As mentioned earlier, Jan Ehrenwald thought Garrett to be suffering from "depersonalization and loss of feeling of reality associated from autoscopic hallucinations." He felt that she was indeed suffering from schizophrenia or paraphrenic psychosis. At times she must have felt very confused as to which path she should endeavor to follow. Her gift, disputed by some, was for mediumship, but she

was really in every sense a parapsychologist. And this was what she wanted to pursue more than anything — to investigate what was considered paranormal in a measurable, scientific way.

In Garrett's early years, parapsychology was still a relatively new field, but she dedicated herself to bringing psychical research out of the questionable séance room and into the realm of rigorous scientific exploration.

Garrett was a "far seeing woman" and once remarked: "I conceive of yesterday, today, and tomorrow as a single curve ... time loses reality and the past and present are present in one instant." This is an example of how she began to think "outside the box."

I think that this is something that you need to do in order to progress. How we have been taught to perceive things does not mean that is how everything works. You sometimes have to stand back and forget what you have already been told about time, the Universe, and what is past and present. We usually look at things in four dimensions, but at least 10 dimensions have allegedly now been found.

Garrett may have been touching on this hypothesis when she began to question the findings of paranormal investigation. She wanted to know the mechanism behind the spectral voices. Where did they come from? Was there a connection with quantum physics — string theory and entanglement. Was there another dimension that existed alongside ours? If so, how did it link in with a universal conscious mind?

Legacy and the Parapsychology Foundation

In her book *Many Voices: The Autobiography of a Medium*, Garrett describes how she was given the idea to build a platform with which she could honor the subject to which she had devoted a lifetime. This resulted in the formation of the Parapsychology Foundation in New York in 1951.

The Foundation was set in New York along with the help of Ohio's then congressman Frances Payne Bolton. It is a not-for-profit organization, which provides a forum worldwide for the scientific investigation of psychic phenomena and still exists today. The present-day president

of the foundation is Lisette Coly, who is the granddaughter of Garrett. There is also an annual Eileen J. Garrett Scholarship of \$3,000, which is awarded to a student who is enrolled in a college or university and wishes to pursue the academic study of the science of parapsychology.

Garrett also became the editor for *Tomorrow Magazine* from 1942-1962, specializing in parapsychology and mystical subjects. She was also the founder of Creative Age Press. She worked tirelessly to get the study of parapsychology acknowledged by the scientific fraternity and to inspire interest in the study of it.

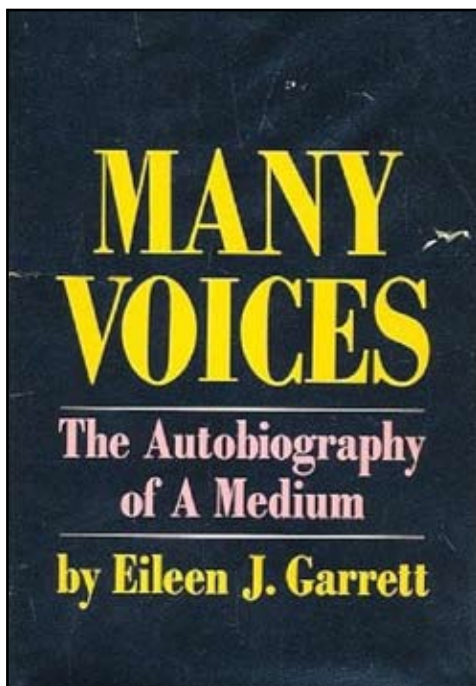
Garrett's legacy continues to this present day. Her enthusiasm for the development of further studies into parapsychology has touched many students who have followed the pathway behind her. I think this woman definitely deserves a place in the history of parapsychology. Her ambition was to discover the mechanism that enabled mediumship. What really were the "voices" that mediums are said to hear? Were they really discarnate beings giving forth messages, or were they part of the medium's conscious and subconscious mind?

To enable continuation into the study of parapsychology, Garrett provided the platform through the development of the Parapsychology Foundation and through various books she wrote on the subject, which provided valuation reference work. Through the provision of her scholarship into the study of parapsychology, it enables pupils who may

not have had the chance financially to study the subject.

She was the author of many quotes, and I would like to quote one that I find very interesting: "What we are seeking, in our attempts to analyze telepathy, clairvoyance, and other supersensory activities, is an understanding of the human consciousness as a whole. All of the psychic phenomena occurring in the world — so far as man is aware of them at all — occur simply as expansions or extensions of the human consciousness beyond the commonly accepted fields."

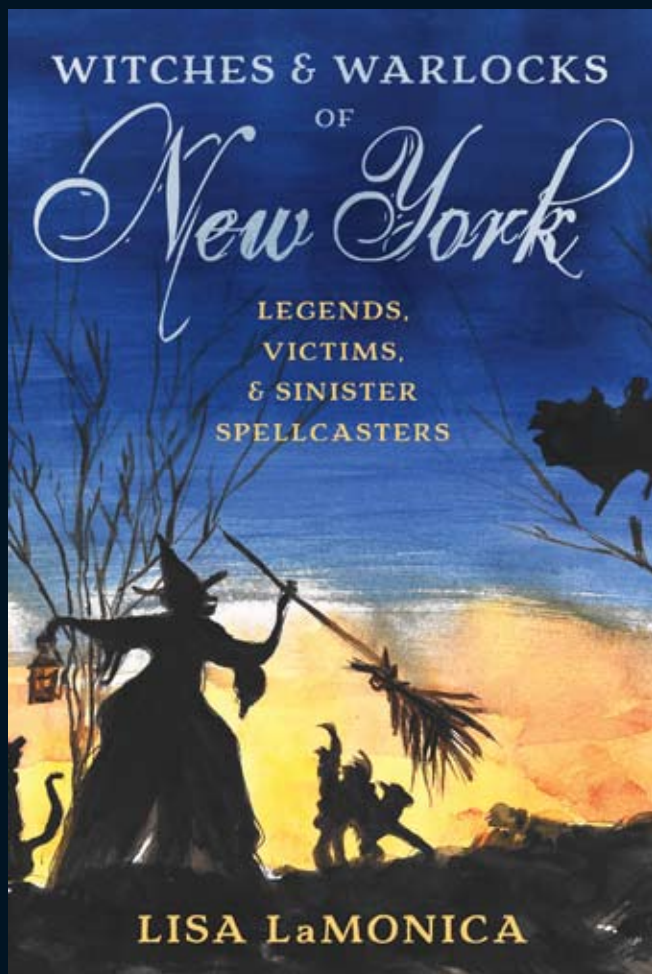
There have been many notable parapsychologists who through their enthusiasm for the subject have enabled a new generation of equally enthused followers to continue in the search for the truth. We owe a huge thanks to this woman, who was one of the great pioneers of her time. ♦



Many Voices presents an intimate account of Garrett's experiences as a renowned psychic medium. The book delves into her life, psychic abilities, and the profound insights she gained through her unique journey.



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New York has a surprisingly rich and lasting history of witches and witchcraft.

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Available on Amazon

THE GHOSTLY LEGACY OF THE TOWER OF LONDON

BY CHERYL KNIGHT-WILSON

The Tower of London stands as one of England's most iconic landmarks, a place steeped in history, intrigue, and tragedy. Its imposing structure has been a symbol of power, a royal residence, a prison, and even a site of gruesome executions.

With nearly a millennium of history within its walls, it is no surprise that the Tower of London has earned a reputation as one of the most haunted locations in the world.

A History of Suffering and Death

Constructed in 1078 by William the Conqueror, the Tower of London initially served as a fortress to protect the ruling monarchy and assert dominance over the city. Over the centuries, it evolved into a place of imprisonment and execution for those who fell out of favor with the Crown.

Many high-profile figures met their demise here, and the weight of their suffering lingers in the atmosphere. Some notable figures who met their grim fate at this location include:

- Anne Boleyn (1536): The second wife of King Henry VIII, executed for treason, adultery, and incest, but the charges are widely regarded as politically motivated.
- Lady Jane Grey (1554): Known as the "Nine Days' Queen," she was executed for treason after being deposed by Mary I.
- The Princes in the Tower (circa 1483): Edward V and his younger brother Richard, believed to have been murdered within the Tower during the reign of Richard III, though their exact fate remains a mystery.
- Margaret Pole, Countess of Salisbury (1541): The last of the Plantagenets, executed in a brutal manner for alleged treason against Henry VIII.

These individuals, among others, left a lasting legacy at the Tower, contributing to its reputation as a place of tragedy and spectral hauntings. In fact, the Tower's dark history has made it fertile ground for paranormal activity. Visitors often report feeling an oppressive energy in areas associated with executions. Psychic investigators claim that



The Tower of London is known as one of England's most haunted sites.

the site is charged with residual energy from centuries of violence, amplifying feelings of sorrow, fear, and unease.

Anne Boleyn: The Tower's Most Famous Ghost

Perhaps the most famous ghost associated with the Tower of London is Anne Boleyn, the ill-fated second wife of King Henry VIII. Anne was arrested and imprisoned in the Tower before being executed on May 19, 1536, under accusations of treason, adultery, and incest — charges widely believed to have been fabricated. Her tragic story has immortalized her as a symbol of injustice and sorrow.

Anne's ghost is said to wander the Tower grounds, often appearing near the Chapel Royal of St. Peter ad Vincula, where her body is buried. Witnesses describe seeing her spectral figure, sometimes headless, dressed in a Tudor gown. Psychics visiting the site have reported overwhelming feelings of grief and helplessness in the areas tied to her imprisonment and execution.



The Tower of London is rife with paranormal activity, especially in areas where executions occurred.

One chilling account involves Anne's apparition in the White Tower, the oldest part of the structure. Guards and visitors have reported sudden temperature drops, unexplained footsteps, and a sense of someone watching them. These phenomena are often attributed to Anne's restless spirit.

Ghosts of the Bloody Tower

The Bloody Tower, another infamous section of the fortress, carries its own dark tales. It is here that the Princes in the Tower — Edward V and his younger brother Richard of Shrewsbury — were believed to have been murdered in the late 15th century. Their disappearance remains one of England's greatest historical mysteries.

Psychics and investigators have reported sensing the playful but sorrowful energy of two young boys within the Bloody Tower. Witnesses have claimed to hear faint laughter and the sound of children running, even when the area is empty. Some have seen the spectral outlines of the two princes, dressed in clothing from the era, standing silently before vanishing into thin air.

The White Lady and Other Apparitions

The Tower of London is home to a host of other spirits beyond Anne Boleyn and the princes. One frequently mentioned figure is the White Lady, an apparition seen in the White Tower. She is often described as a forlorn figure standing near a window, gazing out over the Thames. Witnesses report catching the scent of an unplaceable, sweet perfume when she is near.

Other ghosts include the spirit of Lady Jane Grey,

the "Nine Days' Queen," who was executed in 1554, and Thomas Becket, the Archbishop of Canterbury, who was murdered in 1170. The cries and wails of these lost souls are said to echo through the halls, creating an eerie and unsettling atmosphere.

Psychic Impressions and Paranormal Investigations

The Tower of London has drawn the attention of countless paranormal investigators and psychics over the years. Many claim that the residual energy of past events is so strong that it amplifies their abilities, making it easier to perceive and communicate with spirits. Psychic mediums often describe feeling waves of sorrow, anger, and despair in areas tied to executions and imprisonments.

Paranormal investigations have yielded compelling evidence, such as unexplained cold spots, mysterious orbs captured in photographs, and recordings of disembodied voices. Tour guides and staff frequently share stories of encounters with shadowy figures and unexplained phenomena, adding to the site's reputation as a supernatural hotspot.

A Timeless Enigma

The Tower of London is more than just a historical monument — it is a living tapestry of the human experiences that have unfolded within its walls. From the sorrow of Anne Boleyn to the playful spirits of the Princes in the Tower, the Tower's ghosts serve as a haunting reminder of its turbulent past.

For those fascinated by the paranormal, it offers a unique opportunity to explore the intersection of history and the unknown. ♦

Decoding the Drone Phenomenon

Alien Craft or Human Tech?

By Chad Wilson

In recent months, unexplained drone sightings have stirred curiosity and speculation worldwide, particularly in rural and remote areas. These encounters have puzzled witnesses and left authorities searching for explanations, or so they claim, as the origins and intentions of the drones remain unclear.

The phenomenon gained significant recent attention across the United States, especially in New Jersey, Pennsylvania, New York, California, and Colorado, where residents observed groups of drones flying in precise formations during the night. Additionally, there have been reports of drone sightings over U.S. air bases in the United Kingdom and Germany.

Eyewitness Accounts of Mysterious Drone Sightings

Since November 2024, numerous reports of unidentified drone sightings have emerged, sparking intrigue and speculation. While the sheer volume of incidents makes it impossible to detail them all, here are several notable accounts to consider:

Morris County, New Jersey (November 18, 2024): Multiple unauthorized drones were observed flying over the U.S. Army's Picatinny Arsenal and surrounding areas. Witnesses described the drones as large, quiet, and equipped with flashing red and white lights. The incident prompted a coordinated response from military, state, and federal authorities.

Staten Island, New York (December 7, 2024): Drones were reported over critical infrastructure, including the Goethals Bridge and Fort Wadsworth. Witnesses noted the drones' proximity to sensitive sites and their unusual flight patterns.

Bethlehem, Pennsylvania (December 13-14 and 19, 2024): A witness reported seeing multiple clusters of eight to nine drone-like craft with blinking red and white lights appearing sporadically and traveling in various directions. The sightings occurred on multiple nights, indicating a pattern of activity, according to the National UFO Reporting Center.



San Diego County and Temecula, California (November 22/December 10, 2024): Professional archaeologist, Colin Rambo, a resident of Lemon Grove, observed numerous red lights floating in the sky. Over a five-minute period, he counted at least 25 of these lights, describing them as “a bunch of red lights floating in the sky.” Residents of Temecula reported sightings of large, silent drones with irregular flight patterns, described as zigging, zagging, and making abrupt movements. Witnesses noted the drones, about the size of a small car, emitted no noise and moved with uncanny precision.



Pueblo and near Fountain, Colorado (November/December 2024): Darace Smith reported sightings of unidentified aerial phenomena in the Pueblo night sky, describing the experience as exciting instead of frightening. A couple driving south of Colorado Springs near Fountain observed a drone with red, green, and white lights in the same area on multiple occasions over a weekend. Another individual reported seeing four drones flying over his house during the same period.

Efforts by authorities to uncover the source of these sightings have been largely inconclusive. The Federal Aviation Administration found no records of authorized drone flights in the affected regions, and local law enforcement agencies have reported no leads despite inquiries to nearby airports, drone operators, and military installations.

The lack of answers has prompted growing speculation about the purpose behind the drones. Some suggest they could be part of secretive government projects or military exercises, while others believe private companies may be testing technology for mapping or surveillance. Others have even pondered whether the drones are a result of rogue artificial intelligence.

The drones' coordinated movements, resembling grid-like patterns, have fueled theories that data collection

could be a primary objective, though the absence of accountability raises further questions.

Are the Drones Evidence of Extraterrestrial Visitors?

For some, conventional explanations seem insufficient. A segment of the public has connected the sightings to extraterrestrial activity. Observers have described these incidents as displaying speeds and movements that seem beyond known human capability, deepening the mystery surrounding the sightings.

The potential link between the mysterious drone sightings and UFO phenomena has captured the imagination of many, adding a compelling layer to an already perplexing mystery. For those who believe the drones may not be entirely of human origin, it is these elements of the sightings that lend credence to this theory: The unusual speed, precision, and behaviors reported in some encounters challenge conventional explanations tied to current drone technology. The eyewitness accounts of sudden bursts of light, rapid vertical ascents, and seemingly instantaneous disappearances align more closely with descriptions commonly associated with UFO activity than with standard drones.

Such incidents have fueled speculation that what

The drones, about the size of a small car, emitted no noise and moved with uncanny precision.



some are calling “drones” may instead be highly advanced craft, possibly of extraterrestrial origin. Supporters of this theory argue that the lack of accountability or identification from governments, corporations, or other entities could suggest these objects are not under human control.

Adding to the drone mystery is the international nature of the sightings, which have occurred in geographically diverse and often remote locations. Some UFO enthusiasts propose that these events might indicate a systematic effort by an extraterrestrial intelligence to study Earth’s surface, its population, or its infrastructure. The grid-like flight patterns and apparent focus on rural areas might suggest an intent to avoid heavily populated regions while conducting precise surveys or collecting data. This theory is bolstered by the fact that no definitive human purpose for these flight formations has yet been identified.

Exploring the Mystery: Drones, Technology, or UFOs?

Skeptics of the UFO connection point out that such patterns could easily be explained by advanced drone swarms designed for mapping or research purposes. However, believers counter that the advanced maneuvers and unexplained behaviors of these objects go well beyond the known capabilities of even cutting-edge drone technology.

They also question why no government or private organization has come forward to claim responsibility,

especially given the widespread attention these sightings have received.

The possibility of an extraterrestrial explanation continues to fuel grassroots investigations, with many turning to UFO research organizations and online communities for insights. Until concrete evidence emerges, the connection between these mysterious drones and potential UFO activity remains an open question, captivating the public’s imagination and driving ongoing debate.

Drone industry experts have also weighed in with more grounded possibilities. Advanced drone swarms, increasingly used for research and entertainment, could explain the sightings. While such swarms are typically operated in controlled settings, the possibility of experimental testing in uncontrolled environments remains plausible. However, even these explanations fail to address public concerns about privacy and safety, as residents worry about potential surveillance or misuse of the technology.

The lack of concrete answers has inspired grassroots efforts to investigate further. Amateur researchers and UFO enthusiasts have taken to social media and online forums to share videos, photographs, and theories, though these collective efforts have yet to provide clarity.

For now, the enigmatic drone sightings continue to fascinate and unsettle communities across the U.S. Whether they are cutting-edge technology, extraterrestrial in origin, or something entirely unexpected, the mystery persists, leaving many to wonder when, or if, the truth will finally emerge. ♦

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THE POOKA

A MYTHICAL MISCHIEF MAKER

By Corey Sharer

The Pooka (pronounced “Poo-ka”) is one of the most fascinating and enigmatic creatures of Irish mythology. Known for its mischievous nature, the Pooka appears in Irish folklore as a shape-shifting entity that embodies both benevolence and malevolence.

Its name derives from the Old Irish word *púca*, meaning “goblin” or “spirit,” and its lore has captured imaginations for centuries.

Appearance and Forms

The Pooka is a shape-shifter, capable of taking on various forms to suit its purposes. Most commonly, it appears as a sleek black horse with glowing golden eyes and a wild mane. However, it can also manifest as a goat, hare, dog, or even a human.

In human form, the Pooka often retains some animalistic features, such as pointed ears or fur, hinting at its supernatural origins. Some tales describe it as a shadowy, sinister figure, while others depict it as a charming trickster.

The Dual Nature of the Pooka

The Pooka’s nature is as unpredictable as its appearance. In many stories, it is a harbinger of chaos, delighting in causing mischief for humans. Farmers often feared the Pooka for its habit of ruining crops, scaring livestock, and luring travelers off their paths. It might appear as a horse to entice someone into a midnight ride, only to gallop wildly through the countryside, terrifying its rider before vanishing at dawn.

Yet, the Pooka is not entirely malevolent. In some tales, it is a source of wisdom, offering cryptic advice or forewarnings. There are stories of the Pooka helping farmers by advising them on when to sow crops or warning of impending danger.

This duality makes the Pooka a complex and compelling figure in Irish folklore.



Cultural Significance

The Pooka’s influence can be seen throughout Irish culture and beyond. In ancient Ireland, it was said to inhabit remote and wild places, such as mountains and moorlands, emphasizing its connection to nature and the untamed. The creature’s chaotic energy was thought to symbolize the unpredictability of the natural world.

The Pooka also plays a role in the Irish celebration of Samhain, the festival marking the end of the harvest season and the beginning of winter. During this time, offerings were left for the Pooka to ensure it would not harm the crops or livestock. This custom reflects the belief that, like the changing seasons, the Pooka must be respected and appeased.



Modern Interpretations

The Pooka remains a popular figure in modern literature and media, captivating audiences with its blend of mischief and mystery. It has inspired characters in works such as *Harvey*, which features an invisible Pooka in the form of a giant rabbit, as well as countless fantasy novels and folklore adaptations.

Its ability to shape-shift and its unpredictable, dual-natured personality — ranging from benevolent guide to mischievous troublemaker — continue to make it a symbol of mystery and intrigue. The Pooka’s enduring presence highlights its adaptability as a figure that bridges the realms of whimsy and danger, leaving its mark on cultural storytelling across generations.

While Pookas are rooted in Irish folklore and generally regarded as mythical, there are anecdotal reports and stories of possible encounters with creatures or phenomena that people have linked to Pookas. These sightings are often tied to the spirit’s traditional attributes, such as shape-shifting, mischief, or mysterious appearances in rural areas.

Reported Pooka Sightings

Stories of Pooka sightings have persisted for generations, blending mystery with folklore. These tales often describe strange encounters that align with the creature’s

mischievous and shape-shifting reputation. Examples of alleged sightings include:

- **Black Horses in Remote Areas:** Some accounts describe encounters with strange, unusually large black horses in rural Ireland, particularly near hills or ancient sites. These horses are often said to exhibit unnatural behaviors, such as vanishing without a trace or having glowing eyes, leading locals to associate them with the Pooka.

- **Unexplained Mischief:** Reports of inexplicable noises, scattered objects, or even animals behaving oddly have occasionally been attributed to

Pookas by those steeped in folklore. These incidents align with the creature’s reputation for causing harmless yet unsettling disruptions.

- **Shape-Shifting Creatures:** In some cases, people have claimed to see animals behaving strangely, such as a goat or hare that seems to “watch” them in an unnerving manner before disappearing. These sightings, particularly when occurring at dusk or near old stone structures, are sometimes interpreted as Pooka manifestations.

In areas where Pooka lore is strong, these experiences are often retold as proof of the creature’s lingering presence, keeping the folklore alive. Whether viewed as a menace or a guide, its legend reminds us of the duality of nature and the importance of respecting the unknown. ♦

The Pooka is said to be a shadowy, shape-shifting trickster spirit.

MYSTIC VISIONS

A Deacon Does Battle With the Devil

By Rev. Alyson Dunlop Shanes

The question of the existence of the angelic and the demonic is ever-present within the paranormal and UFO community. Many have been decried for immediately declaring haunted houses to be infested with demons when, in fact, they are not. How can we know if a nasty spirit or a demon has attached itself to a person?

The spiritual and religious are often attacked for even still believing in demons, while a strong belief in aliens persists. Aliens and science are the new gods in town. Some believe they made us, completely bypassing any requirement of a spiritual god or a Holy Spirit.

Ouija Boards and Demonic Encounters

In the past, I have been blasé about the use of the Ouija board, spellwork, and horror movies. I was doing the Ouija board from the age of 14 and was well on my way to becoming a physical medium, although I did not have a term for it. I encountered a demon on one occasion using the board, but it didn't stop me from using them ... until I eventually became tired of their inaccuracy and turned instead to Spiritualism.

I thought I had left the world of the demonic far behind ... until I was attacked by a demonic presence about 10 years later. I did not know about the incubus experience before a night demon held me down and tried to slash my throat. The feeling of helplessness, the inability to fight back, and the sheer terror of a spiritual assault are traumatizing and challenge everything you believe when you are staring at the face of pure evil.

Demons can pervade our world in several ways. As we go through life, we end up with more and more chinks in our spiritual armor. The demonic can get in and attack our souls by that very means. The disintegration of a relationship led to my attack. I had no God to turn to. I had no guiding light.

A demon took advantage of that fact and set about trying to claim my soul. I think it almost succeeded. I have had several supernatural and demonic attacks, mostly



Rev. Alyson Dunlop Shanes is an Old Catholic priest, theologian, and spiritual healer with a passion for exploring supernatural beliefs and experiences.

when I had kidney failure and was closer to the other side. Each spiritual attack only brought me closer to the Divine.

As my mind strengthened, so did my soul. Slowly, my spiritual armor became stronger. The angels made their presence known to me in a variety of ways, bringing divine messages to help me. I received visions of what I now can see was an evil presence in the world: terrorism, war, and the abuse of power. Something is wrong with

humanity. The malevolent has escaped and invaded our world.

Guided by God and the angels, I learned how to protect and defend myself from spiritual attacks. I realized, however, that it is often difficult to categorize demons and aliens when I discovered that my incubus attack was accompanied by a UFO plasma light outside my home.

This object seemed to implode and disappear. It was seen by an independent witness. I am guessing that it may have been some kind of portal to a demonic dimension. Did I see a demon or an alien? Let's face it, in this mysterious world of ours, it's all guesswork!

Of course, by now I'd imagine you're reading this thinking: *But I never see these things.* Why should she? Why indeed. I have a family background linking to Spiritualism, going back to at least the First World War, when the religion really took off. So many people were looking to connect with their lost sons, husbands, and brothers who were cruelly snatched from them in yet another pointless war. My great-grandmother, Mary, was among them. Her first husband, my great-grandfather, was killed during the Battle of the Somme.

Messages From Ancestors and Spiritual Protection

One day I was given a message at a Spiritualist church. It was Robert, who was sending me roses from France. I went back to my parents to ask them what it might mean. Robert was my great-grandfather, Mary's first husband. My father went upstairs and came back down with several postcards, upon which were beautifully embroidered roses. Robert had written them and sent them to Mary from the battlefield.

Another significant message came from Mary's son from her second marriage, my Uncle Bill. The week after he died, I visited a Spiritualist church. The medium who gave me his message actually transfigured and began to walk like him. I had never seen anything like it. Bill was in that room and on that stage. The medium did not know me. Bill died in Ayr. I was in a church in Glasgow.

Bill was a significant step for me in my spiritual and religious development. He was there for me when I needed to pray and could not find God. He was there when I needed spiritual protection. Fundamentalists will say that it was the Devil who gave those messages to take me away from God, but how can that be when each step of the way I have felt the love of my ancestors reach-



Alyson's experiences span encounters with angels, demons, and UFO phenomena, often intertwining the mystical and the supernatural.

ing back through time to give me spiritual guidance and protection?

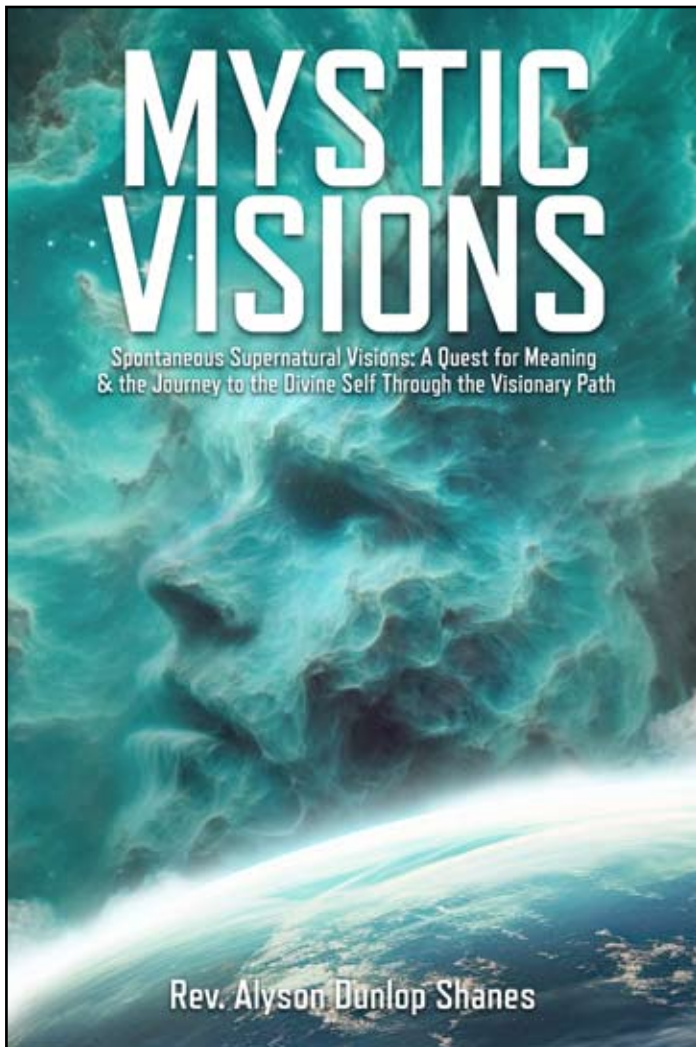
I accept that some will think all this is rubbish and others will think my time spent in Spiritualist churches and practicing Paganism was Devil worship. It was not. In the Spiritualist churches, I found comfort. In paganism, I found the divinity within nature.

Satan means "the adversary," but anything and everything that opposes the traditional Christian view is often thought to be Satanic. Yet, what is more Satanic than cover-ups, desecration, and sacrilege? All these things have been done by a good few priests. Not all, I hasten to add, and some Roman Catholic priests I do respect very much.

The Pope's own exorcist, the late Father Gabriele Amorth, said that the Devil was in the Vatican. He was right. Nowhere is safe from demonic influence.

Evil's Presence and the Legacy of Father Amorth

Does evil really exist? I cannot speak on your behalf. I can only tell you what I've experienced through visions and clairsentience. I have felt through even the video of a drone flying over Auschwitz an overwhelming sensation of evil. I don't have to visit in person, although I would if I could. For now, the video flying above and around it is sufficient.



Rev. Alyson takes readers on a journey through Spiritualism, mediumship, and encounters with the supernatural. Her book, *Mystic Visions*, explores her battles with demonic forces, visions of global tragedies, and experiences with angels, UFOs, and astral realms.

The evil permeates the camera lens, even though there is nothing to see except empty buildings. The Devil walked there and escaped into the world from there. I sense it through what I see in the video. It feels like the place has been polluted by evil.

It is said that no birds fly over it. There are no natural sounds of wild animals in the vicinity. If that is true, it is an indication of the obscene violation of the human beings who suffered and died there.

Father Amorth, who in his youth was part of the Italian resistance against the Nazis and their fascist collaborators, conducted 60,000 exorcisms in his time. He believed that Hitler and Stalin were possessed by the Devil. His reference to the Devil in the Vatican preceded the exposure of pedophilia and murder within the Holy

City. I may not agree with him that Harry Potter and yoga are a gateway to the demonic, but I have long believed that Hitler and his henchmen were indeed possessed by evil demonic beings.

I would say that Amorth's thoughts on the Ouija board are spot on. Along with good spirits, the board can bring through demonic, low-level entities and is best avoided. It won't be the first time a priest has been called to a house at 3 a.m. — the demon hour — because some drunk college kids have decided to have fun and contact the dead.

Father Amorth's message is not lost on me. He at least rid the world of as many demons as he could. He was more than just an exorcist. He was a rebel. He asserted the need for casting out demons was so great that all Catholic clergy ought to have the right to perform major exorcisms without permission from a bishop or anyone else. He said that an unnecessary exorcism never hurt anyone.

My Journey to Priesthood and Exorcism

All of this has led me on the spiritual path of, not just an exorcist, but also an Old Catholic (Liberal Catholic), whereby the overseeing religious body that I belong to — the Old Catholic and Apostolic Church — will not micro-manage my every move, but support me in my calling and my ministry. Most of all, it will allow me — a woman, no less! — to be a priest and exorcist.

In my book, *Mystic Visions*, I mostly detail the mystical experiences I have had up to this point, including such things as visions, spiritual attacks, UFO sightings, astral projection, angels, and demons.

Only recently, the late Father Amorth approached me in spirit form and asked if I was quite sure I wanted to be an exorcist. I said, "Yes." And, nodding, he told me that he would help me.

We live in a time when women are becoming more equal to men. The spirit of Gabriele Amorth agrees. I look forward to having many discussions with him, to receiving his wisdom, and to debating the finer points of Harry Potter and yoga!

Most of all, I am called to chase the Devil out of everyone he tries to possess. It is a path that has been laid out for me my entire life and brought me to this point. My faith has made me stronger than I've ever felt. My mission is to drive out the unholy forces of evil through the intervention of the Divine spirit.

By the grace and power of God, the diabolic will be cast back to Hell. With each victory, the world will become just that little bit more at peace. We can only hope and pray it does. ♦

THE LINEUP

We keep it creepy.

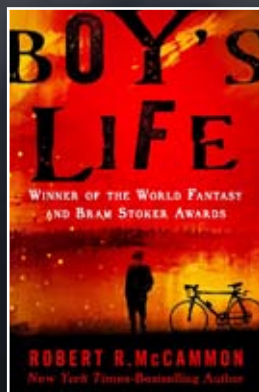
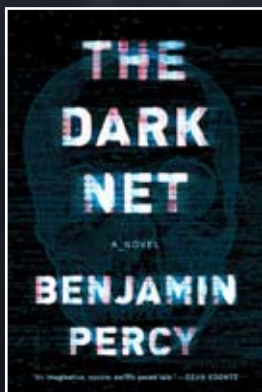
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LITTLE GIRL BLUE

WHISPERS FROM BENEVOLENT SPIRITS

BY PAUL DALE ROBERTS, HALO PARANORMAL INVESTIGATIONS

About two years ago, my paranormal investigation team was called to a residence in Sacramento, California. Our team, including psychic medium Deanna Jaxine Stinson, known as Wish Fire, and our canine investigators, Story and Champagne, set out to uncover the source of unusual activity reported by the homeowners, Craig and Kim.

The case stemmed from multiple incidents captured on the homeowners' security cameras. The footage revealed a dancing orb swirling around Craig's car, a box inexplicably tumbling despite calm weather, and a heavy nail gun moving in an empty garage. These events were both puzzling and unsettling, prompting the family to seek answers.

During our walkthrough of the property, Wish Fire detected layers of history beneath the backyard, an insight that amazed Craig. He revealed the property once housed a crawdad processing facility, with underground storage for the crustaceans. Wish Fire also sensed the presence of a coyote spirit in the yard, a fitting connection to a coyote fur hanging in one of the bedrooms.

Inside the home, Wish Fire identified a little girl's spirit lingering in one of the bedrooms. Moments later, I caught a glimpse of what appeared to be a young girl in a fluffy blue dress — visible for just a fleeting second. This spectral vision matched the homeowners' long-held belief that a child's spirit resided there.

To validate these impressions, I conducted an EVP sweep. In the bedroom where I saw the girl, an EVP revealed a soft voice calling for "Mommy" and mentioning "outside." These findings, combined with Wish Fire's impressions, solidified the presence of a young spirit.

Wish Fire noted extensive spiritual activity throughout the 1950s-era home but assured the family that none of the entities were harmful. She sensed a protective presence around Craig and attributed the poltergeist activity to residual energy originating in the backyard.

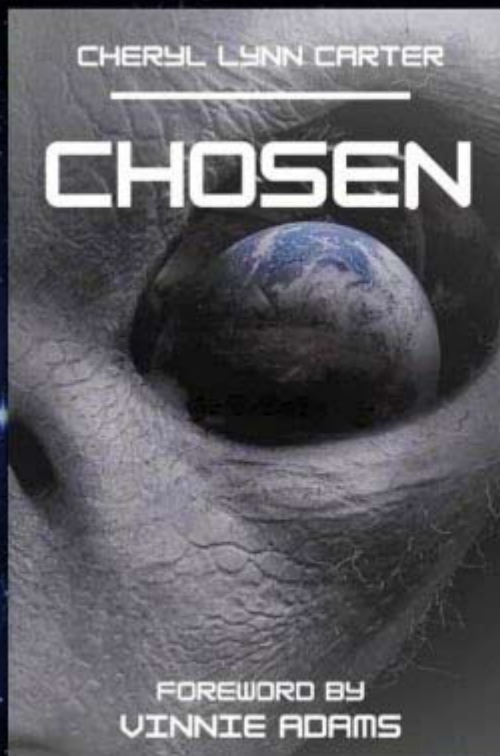


During the investigation, I saw the fleeting image of a young girl in a fluffy blue dress. She vanished as quickly as she came.

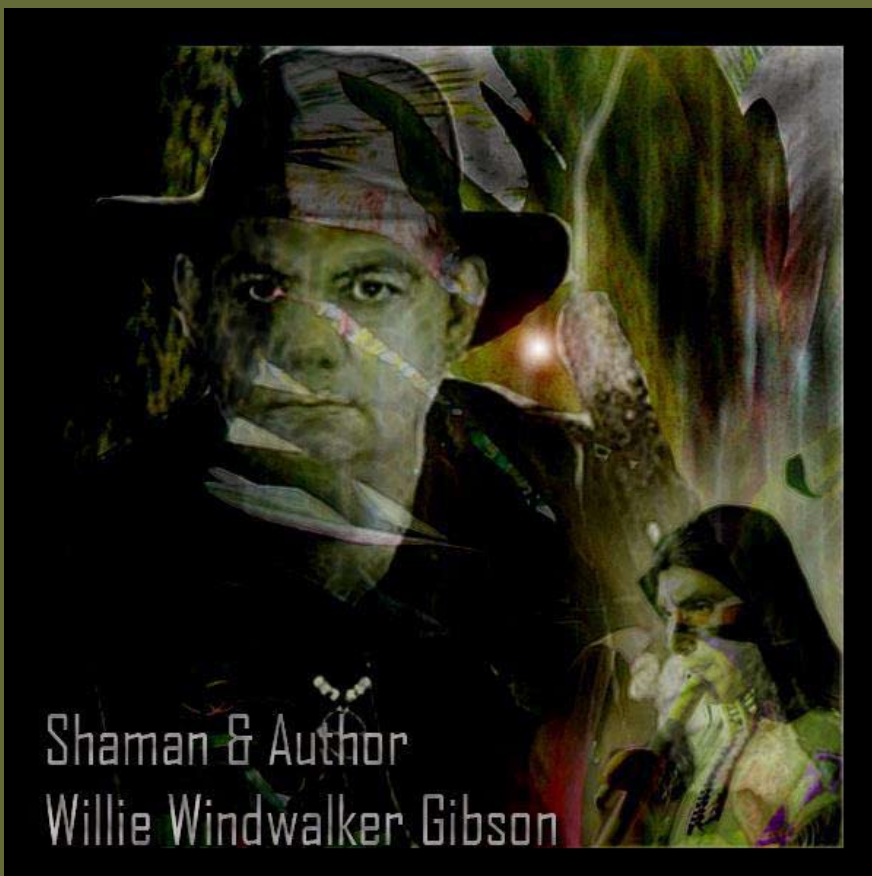
To cleanse the space, I performed a Roman Catholic blessing in the yard, a step to bring peace to the property.

Our canine team, Story and Champagne, also offered valuable insights. Unlike their reaction to malevolent energies on previous investigations, they remained calm at this location, indicating the spirits here were benevolent.

This investigation not only confirmed the family's experiences, but also highlighted the layers of history and energy that shape the unseen world around us. ♦



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A Supernatural Year

Recounting My Year With the Paranormal

By Rainbow Radaelli

This past year, I had interesting and thought-provoking contact with the paranormal. And the one thing that became undeniably clear was that the more confused and uncertain I became, the more occurrences seemed to escalate, almost on a weekly basis.

Now, don't get me wrong. I'm not saying the macabre likes it when we are perplexed, but it does seem to enjoy switching things up a bit, often at our expense.

Shadow People

Shadow people came around this past year, but not the scary kind. These were the silent watchers — almost like the *Peeping Toms* of their kind. They stood in silence, watching me from afar, which I'm not gonna lie ... I didn't mind. But why show up in the first place? What's their purpose?

One female shadow person ran past my window at an earth-shattering speed late one night during a full moon. If your next question is, did I go out and investigate, the answer is no. I was snuggled under the covers in bed, plus it was after midnight. And, let's face it, I am not always fearless.

On other occasions, there were groups of male and female shadow people whispering almost in tandem with each other. It was a combination of otherworldly white noise, human vocalizations with a low frequency, like from a radio. It would hurt my ears, and it was most unpleasant to hear.

They would group together and watch me if I was walking in the horse arena, which was inside the barn. At dusk, they seemed to congregate as if on cue.

Twilight seemed to be their alarm clock, only it wasn't sound that brought them out, but more of a nocturnal ambiance that beckoned them. I always knew what time they would come out, and I would try to put on my brave face.

I think they knew that they unsettled me, which I think was amusing to them.





Voices From Beyond

I heard other voices too. One in particular that was kind of comical this past summer was when I was in New Mexico visiting my sister. I was in the main bathroom with the window slightly open, and I heard a female voice on the other side of the screen who sounded like a small fairy person say, “Hellooo!”

The pitch of her voice was so unusual that it was unnerving. In most cases, I wouldn’t have minded hearing her, but I’m not always prepared for visitors. She spoke to me on three different occasions, and I finally had to ask her to stop. I know, aren’t I a killjoy. But timing is everything, and it’s not always perfect mixing the paranormal realm with humans.

Of all the voices that I heard this past year, the echo voice was the most chilling. I was going for my daily walk just before dusk when I heard my partner, Michael, and another man talking over by the pump house, which is down a curve canopied by thick bushes and trees.

There were no vehicles around, and I knew I had just left Michael watching TV in the living room. It didn’t compute in my brain for a minute how he got past me without me seeing him.

Earlier in the day, a pump expert did come by and Michael did take him to the pump house, but that was hours ago. I yelled, “Hey, Michael, what are you doing by the pump house?” No answer came my way, but the talking got louder and very distinct. It was definitely Michael’s voice.

I started walking toward the pump house when, all of a sudden, my alarm bells went off and I got this horrible feeling in the pit of my stomach. I knew I was being lured down

the road by something that was not human. I did an immediate about face and walked quickly back toward the barn.

I ran up the stairs, and there was Michael where I left him, watching TV. So, I explained what I heard, and we both went outside to dead silence. Not even the birds were chirping, not a rabbit or mouse in sight. We looked at each other with that knowing look and my walk came to an abrupt end.

The Black-Eyed Woman

As it always is, when you least expect the paranormal, it happens. One fine day, Michael and I went about our business doing mundane errands, such as grocery shopping and going to the Post Office. Upon returning home, we started talking about the strange things that had been happening at the compound. Nothing up to that point was profound, but a bit spine tingling none the less.

At one point when we were going around a bend in the road, I — for some unknown reason — looked to my right and saw a strange woman standing along a dirt pathway to a house. Michael slowed down so he wouldn’t hit a dog he saw in the road.

He asked me if I saw it, and I said no. But at the very moment I answered him, the strange woman turned around, and all I saw were her black eyes. There was no white around the pupil, just pools of blackness. I yelled at him to go, and he got irritated with me because he thought I was trying to side seat drive. I couldn’t get out much more than, “Go, just go!”

He drove off and started to ask me why I was acting “like that,” when I was finally able to tell him what





I saw. Her negative energy, the way she stood staring at me made my skin crawl. We got home, and it took quite a while for me to feel normal again. As with all things paranormal, I knew something might happen after that experience, since sightings of black-eyed beings tend to attract strange happenings or problems.

The following night after 11 p.m., I was at my desk finishing up some work. I turned everything off, got into my pajamas, and went outside to go up the steps to another section of our apartment.

I closed the door behind, turned around, and was looking at a young man just 10 feet away from the front door. I yelled, and he did an about face. I immediately ran back into the bedroom. I called for Michael, who stepped out of the door from upstairs, and I told him someone was outside.

He came downstairs yelling at this person to get the heck out of there. We saw in the lighted area by our neighbor's property a dark shadow run past their garage. Thank goodness he didn't linger, but as I said, the black-eyed sightings always seem to attract unsettling experiences after the fact.

My Spirit Guardian

Before I start this brief story, in case there are inquiring minds, I come from a family of healers and empaths. We always call upon the guardian angels and spirit guides to keep us safe. It's just a way of life for us.

Just recently, while I was outside my sister's house late one night, I caught sight of a shadow person walking

really fast across the street parallel to me. I was shocked at the speed in which this entity was walking. It spotted me before I did it.

Amazingly, to my surprise, a male guardian being, who was slim, transparent but illuminated with soft light, walked in between the shadow person and me, making sure I got into the house safely. I was literally walking up to the door with goose bumps going up and down my arms. He didn't let that shadow person near me. It was the first time I experienced the guardian outside, and I was amazed at how graceful yet powerful he was.

I know I was targeted that night by the shadow person. I was shocked at how aggressive it was. I can only imagine what would have happened if the guardian wasn't there.

Reflecting on the Past to Illuminate the Path Ahead

With 2025 just around the corner, I think it's important to note that we can learn from our past experiences. This new year will be about remembering who I am so I don't lose sight of my purpose — not just as a medicine woman, but as a defender and warrior for the light.

In today's day and age, we have to be street smart with the paranormal. Remembering our lessons, experiences, and challenges of this past year is a good way to have a better future, especially within these uncertain times.

Be vigilant, be safe, and always remember that when you peer into the paranormal, there is always something peering right back at you. As a lightworker, it just comes with the territory. ♦

THE BERKSHIRE UFO INCIDENT

A Night of Encounters and Missing Time

By Cheryl Lynn Carter

Once upon a time in the quaint little village of Berkshire, Massachusetts, there lived a family named Reed. For all accounts, the Reeds appeared to be a typical family. However, this family had a secret; a secret that by no means they were willing to share with just anyone.

Besides, who would believe their incredible stories of unexplained encounters that spanned three generations and decades that included instances of missing time?

It all began when Nancy Reed was 15 and she and her family rented a lakefront cabin. That weekend, Nancy, her mother, brother, and his girlfriend hoped to experience the beauty of nature. It was the perfect little vacation, until the unexpected happened.

Nancy and her brother's girlfriend woke in the middle of the night to a light streaming into the window. The light illuminated something in the darkness — two small figures. The girls watched in terror as the entities stood there watching them in silence. Nancy was unable to move, yet it felt as though her body was moving.

The next thing she remembered was the sun coming up. The following day, she tried her best to forget the strange encounter with non-human entities, hoping it was an isolated incident. Or was it?

For years, Nancy's life continued without another incident. She married for a short time and had two sons, Thomas and Matthew. She discovered they all shared the same blood type, which in itself was not so unusual, except for the fact that it was Rh, a rare blood type that some ancient alien theorists say could be proof of humans descending from aliens.

A Family Confronts the Unseen

Then, the phenomena quietly reemerged in September 1966, at a farmhouse on Boardman Street. One night, Nancy's young children, Thomas and Matthew began observing colorful orbs floating around their bedroom. These orbs appeared to be intelligent, and the boys were fascinated



Nancy and her friend woke to a mysterious light streaming through the window, revealing two small figures watching them in eerie silence. Though paralyzed, Nancy felt an odd sensation of movement, with her next memory being the sunrise.



**Pictured above is the Old Covered Bridge in Sheffield, MA, the site of the infamous Reed family UFO encounter in 1969.
(Photo: John Phelan/Wikimedia)**

by them. Little did they know the profound effect these orbs would have on them, soon denying them of their innocence.

The following night they began experiencing a weird feeling that commanded them to wander into the hallway. They observed two strange figures at the tops of the stairs that they called ghosts, because they were glowing and transparent. Suddenly, they found themselves near a large, exposed rock in an unfamiliar corner of the property. To the right was a clearing with a wishbone-shaped tree.

Next to the tree was a strange object that looked like a large turtle shell. It was about 15 feet high and 60 feet around. The brothers realized they were on the other end of the property, approximately 700 feet away from the house. Now they found themselves face to face with two otherworldly beings that appeared to be glowing. Matthew could clearly see through them.

They were taken aboard the craft, where Thomas was shown images of a willow tree, body of water, and what he believed were galaxy star clusters. The entities told them that they were going to be part of a study on human genetics. The next thing they knew, they were back in their bedroom ... at least for that night. They never told their mother that the encounters continued to happen.

It wasn't until 1967 that Nancy learned the secret her sons had been harboring. That night the boys were in their bedroom. Once again, they were awoken by bright lights flashing through the room. Matthew watched as Thomas became engulfed within a bright light. When Matthew looked again, his brother was gone. Frantic, he ran down to the living room where his mother and grandmother, Marion, were sleeping.

He attempted to wake them only to find them unresponsive. Finally, after shaking his mother, she woke up. Upon hearing his story, she was hoping it was merely a dream. However, deep inside she knew it was something else. She ran upstairs to the bedroom but found it was empty. Then she heard the front door, and Matthew was gone too.

By now Marian was awake. She stayed back at the house while Nancy frantically looked for the boys. She searched the 80-acre farm on horseback. Four hours later, she spotted them from the Appalachian Trail at the far edge of the property where they were not allowed to go. The boys were standing about 15 feet apart on a wide dirt path and appeared quite shaken. Neither of them was able to speak.

Once back home, she gave them some fluids and put blankets around them to warm them. Matthew sat on the





During the 1969 UFO incident, several children remember being inside a strange craft with other kids.

floor playing with a metal bottle cap. Both boys were intrigued at how it was strangely reacting to his touch. It was as if his hand had some sort of magnetic property.

A Night of Lights and Lost Time

It was 8 p.m. on September 1, 1969, when Nancy, Thomas, Matthew, and Marian were driving along Route 7 on their way home. As they crossed through the Old Covered Bridge in Sheffield, Massachusetts, there was a light coming through the bottom boards of the bridge.

Once on the other side, they observed strange lights rising from the Housatonic River. There was the sound of stones tapping under the fender as the car began to slow down on its own. Suddenly, there it was ... a huge gold disc-shaped craft hovering above the water. The car stalled, the pressure inside the vehicle changed, and then there was total silence. As the car was filled with a bright light, each of the family members found themselves being lifted into the craft.

Three hours later, they were returned to exactly the same place. Thomas awoke to find his mother unconscious in the passenger seat. His grandmother appeared to be in shock and was wondering down the middle of the road. He managed to bring her back to the car safely.

By this time, Nancy was awake and able to drive them home. They could not account for missing time as it was now 11 p.m. This horrifying event led Nancy to finally sell the farm and move her family away.

But this is not the end of the story. Just seven miles away on that same night, several others would find themselves having similar encounters with non-human entities.

More Witnesses Experience an Eerie Night in Berkshire

Tommy Warner's family had lived in Great Barrington in Berkshire County, Massachusetts, for five generations. The night of September 1, 1969, was like any other summer evening ... until it wasn't.

Tommy, aged 10, was at his friend Debbie's house listening to records. Suddenly, he heard a voice in his head telling him, "You have to go home now." He believed that God was speaking to him, so he turned around and began running home.

Something was off as he made his way. There was no sound, not even the crickets. And although he was running, he felt as if he wasn't getting anywhere. Looking over his shoulder, he saw a craft about 40 feet long and 20 feet high. As a beam of bright light surrounded him, his friends watched him vanish into thin air. Seven minutes later, he found himself back in his yard pinned down by that strange beam of light. He remembered being inside the craft surrounded by other children who were equally scared.

Just a mile away, Melanie Kirchdorfer, aged 14, was with her family parked by Mansfield Lake. As they were enjoying an ice cream cone, they observed a blinding light. Then a huge craft, with bright-colored lights moving around the center, rose from the water in front of their car. Suddenly, she found herself inside the craft surrounded by other children.

The next thing she remembered was being alone in the dark on the sandy beach. The sun was coming up, and nine hours had passed. She walked home barefoot. Coincidentally, Tommy Warner remembered seeing Melanie inside the craft while he was there.

That same evening, Jane Green (aged 42) was driving home with a friend. A blinding aura of light appeared in front of her car. She stopped, along with several people, and witnessed what she called an alien craft that was hovering silently at eye level. Moments later, it lifted straight up and went over the hill.

In all, at least 40 residents reported seeing lights and a mysterious craft that night. The incidents were investigated by both local law enforcement and military. The evidence collected would include significant amounts of radiation, strong magnetic fields, and an abundance of testimony from witnesses.

While the Berkshire UFO case has been featured in various media, no definitive explanation has been established. ♦



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TECHNOLOGY AND THE RISE OF A METAPHYSICAL EXISTENCE

By Chad Wilson

Technology is reshaping the way we perceive reality. What once seemed like the plot of a science fiction novel — artificial intelligence creating consciousness, virtual worlds offering second lives, and direct brain-computer integration — is now emerging as a legitimate part of our existence. This evolution hints at the dawn of a “metaphysical existence,” where the boundaries between physical and abstract realities blur.

At the core of this concept lies the potential for technology to transform not just how we interact with the world, but how we define consciousness, identity, and existence itself. As we push forward, we’re faced with profound questions: What does it mean to be conscious? Can our sense of self transcend biology? Could our realities — physical or digital — be more interconnected than we ever imagined?

Exploring Consciousness Through Artificial Intelligence

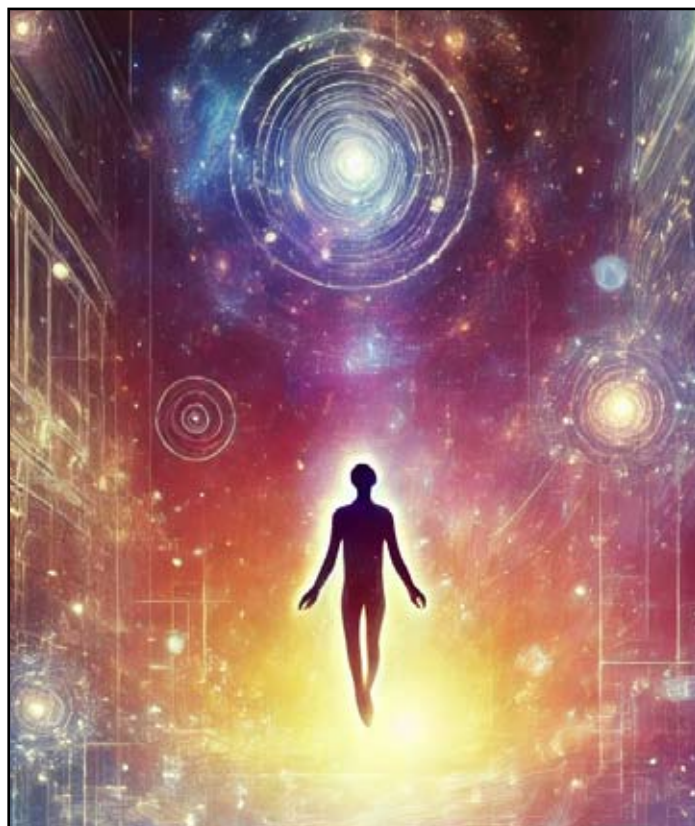
Artificial intelligence serves as a key player in this unfolding narrative. Today’s AI systems, from generative language models to neural networks, mimic human cognitive abilities with increasing sophistication. While they don’t yet possess self-awareness, the idea that AI could one day achieve consciousness raises profound implications.

Philosophers such as Nick Bostrom have popularized the simulation hypothesis, which suggests that if we ever reach the capability to create hyper-realistic simulations, it’s statistically likely that we already live in one. If that’s the case, the question arises: If an AI within a simulation perceives itself as conscious, does it hold a form of metaphysical existence?

This hypothesis challenges our understanding of reality. If we can create digital beings that feel and think, what does that say about our own existence? Are we merely constructs in someone else’s simulation?

The Pull of Virtual Worlds

Virtual reality offers another glimpse into a metaphysical existence. Immersive platforms, such as the metaverse, already allow users to create digital identities, build



virtual homes, and engage with others in lifelike environments. As these technologies advance, the line between physical and digital realities may blur even further.

Consider someone who spends most of their time in VR, interacting through an avatar that feels more “them” than their physical body. When experiences in these digital spaces feel just as — or even more — meaningful than those in the physical world, does their virtual life become their primary existence? And, if so, does that redefine what it means to “live”?

These scenarios challenge our understanding of reality itself. As virtual environments become more immersive, the distinction between the real and the virtual may become less relevant. Reality, in this context, may simply be where we choose to invest our time and emotions.





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The Fusion of Mind and Machine

The development of Brain-Computer Interfaces (BCIs) pushes the idea of metaphysical existence even further. Companies such as Neuralink are working on technology that connects human brains directly to computers, allowing thoughts to control devices and digital systems.

Imagine exploring a virtual world not through a keyboard or headset, but by engaging with it through your mind. BCIs could enable full sensory immersion in digital realms, creating a seamless blend of physical and digital experiences. This fusion of human consciousness with technology challenges traditional definitions of existence.

Would such an evolution represent humanity's next stage of development? Or could it signify a form of transcendence, where we move beyond biological limitations into a hybrid state of being?

Redefining Humanity

As these advancements unfold, the concept of what it means to be human may undergo a radical transformation. The philosophy of transhumanism explores the idea of enhancing human abilities through technology, from AI integration to genetic engineering.

Future enhancements, such as neural implants or augmented cognitive abilities, might lead to beings that

surpass the limits of natural human capacity. These individuals could possess heightened intelligence, expanded sensory perception, or even the ability to live in entirely digital environments.

But would they still be considered human? Or would this mark the emergence of a new species altogether? These questions cut to the heart of what defines humanity and how technology could fundamentally alter that definition.

Philosophical and Ethical Implications

The idea of a metaphysical existence raises complex philosophical and ethical questions. Chief among them is whether AI systems can truly achieve consciousness. If an AI demonstrates self-awareness, emotions, and the ability to learn autonomously, does it deserve the same rights as a human being?

Then there's the question of identity. In a world increasingly dominated by digital interactions, many people already cultivate online personas that differ from their physical selves. As VR and AI environments grow more immersive, these virtual identities could take precedence over physical ones.

If someone's digital avatar reflects their ideal self and forms more meaningful connections than their physical counterpart, which version is their "true" self? This fragmentation of identity challenges long-held notions of individuality and authenticity.

From an ethical perspective, issues of equity and access also loom large. Technologies such as neural enhancements or AI-driven tools could exacerbate social inequalities if only a privileged few can afford them. Ensuring that advancements benefit everyone — not just the wealthy — will be critical in shaping a just future.

A New Frontier

The convergence of AI, VR, BCIs, and transhumanism signals a profound shift in how we understand existence. As the physical and digital realms merge, we're forced to rethink foundational concepts of consciousness, identity, and reality itself.

These advancements offer thrilling possibilities but also demand careful consideration. How we navigate the ethical, social, and philosophical challenges of this era will determine whether technology enriches or diminishes the human experience.

As we stand at the edge of this new frontier, the choices we make today will shape the landscapes of tomorrow. By approaching these changes with foresight, inclusivity, and compassion, we can ensure that the dawn of a metaphysical existence becomes an opportunity to expand what it means to live, rather than an existential crisis. ♦

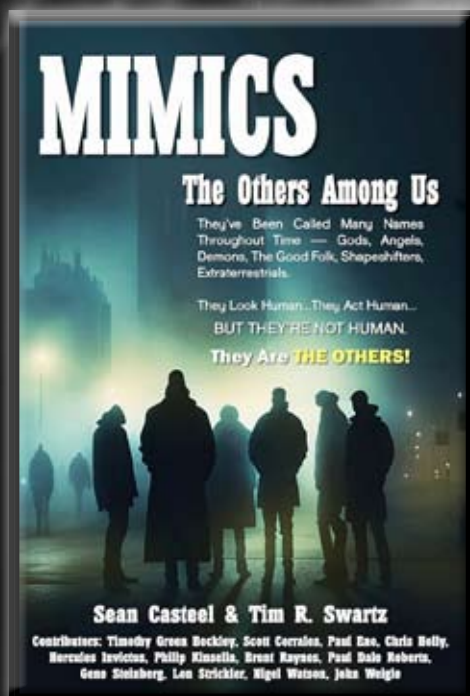


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THE CHRISTMAS EVE ENCOUNTER

A PSYCHIC COP'S AMAZING STORY

By Willie Windwalker Gibson

It was Christmas Eve in 1980, and I was working the midnight-to-eight shift as a police officer. The night was quiet — so quiet I found myself parked off the road, watching the occasional car pass by.

Then, something caught my eye. A car drove past, but it looked like no one was behind the wheel. I quickly switched on my blue lights and began to pursue the vehicle. After about a mile, the car pulled over.

I ran the plates, expecting to find something unusual, but the results came back clean — no warrants. The car was registered to a man named John. I stepped out of my cruiser and cautiously approached the vehicle. Sliding sideways toward the driver's door, I knocked on the window. It rolled down smoothly, and I shone my flashlight inside.

What I saw defied explanation: The car was completely empty.

As a spiritual person with the ability to see and hear spirits, I wasn't scared, but I couldn't exactly radio the dispatcher to report a ghost car. So, I did what came naturally — I started talking.

"Why are you here? What are you doing?" I asked.

At first, there was no response, but then a voice answered: "I wanted to tell you Merry Christmas, Willie."

Startled but intrigued, I moved to get a better look. As I peered into the car, a mist began to form on the driver's seat. Slowly, it took shape, becoming the figure of a man. He appeared to be in his 30s, with blonde hair, green eyes, a white T-shirt, and blue jeans. I asked him who he was.

"My name is John," he said. "I'm a messenger for you — from God."

A wave of calm washed over me. I asked John what his message was, and he replied, "You're doing a good job, but your path will be changing soon."

I nodded, feeling an odd sense of certainty. "I know," I told him. "I'm ready."

John smiled. "God is watching, and He loves you," he said.

I promised John that I would follow God's lead. He



nodded, then added with a grin, "I have to go. There are more messages to deliver."

As he spoke, I couldn't resist a final bit of advice. "John, maybe don't drive invisible cars anymore," I joked.

He laughed softly. "Drive what, Willie?" And just like that, John — and the car — vanished into thin air.

I stood there for a moment, letting it all sink in. Then I radioed the dispatcher and told them everything was fine.

That was my Christmas Eve in 1980 — a typical night for a psychic cop. ♦



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